



Your Refuge Roster

Every name that would show up at your door. *“Come to us. We’re ready.”*

Start with yourselves. Then kids, spouses, grandkids, in-laws, the neighbor with nobody else.

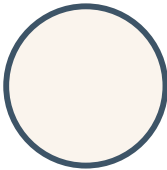
Name	Age	Medical needs (meds, CPAP, oxygen)	Pets	How far away
Us				

Watch for:

- CPAP or oxygen concentrator? (changes power plan)
- Daily meds: ask for a 30-day supply at their house
- Babies: diapers, formula, children’s Tylenol & Benadryl
- Their dog is coming too: food and a crate

MY ROSTER NUMBER

Count them. Circle it.





Check your 4 links against the roster

0 = not covered **1** = covered for us **2** = covered for the whole roster

WATER

Roster _____ * 2 gal * 14 days = _____ gallons

Covered means: water stored for your roster · a way to make more · a plan for the toilets

This week: Put your water number on the fridge. Start on your next grocery run.

My how question: _____

My mark: **0** **1** **2**

HEAT

My warm room: _____

Covered means: one warm room · a heat source safe indoors, with fuel · a warm bed for everyone

This week: Walk the house and pick your warm room.

My how question: _____

My mark: **0** **1** **2**

FOOD

Days I could feed _____ people right now: _____

Covered means: food your family eats, for your roster · rotated · a way to cook for a crowd

This week: Double up on a few things you already eat. Every holiday is a drill.

My how question: _____

My mark: **0** **1** **2**

POWER

CPAP or oxygen on my roster? **YES** / **NO**

Covered means: power for what matters (well pump, fridge/freezer, medical, phones)

This week: Flip the main breaker. Walk the house 10 min. List what stops.

My how question: _____

My mark: **0** **1** **2**

GETTING THEM TO ME

"Just come" trigger: _____

Radio channel / check-in time: _____

Out-of-area relay contact: _____

Kids keep tank ½ full · paper map · backup route

MY LOWEST LINK: **W** **H** **F** **P**

My one step in the next 24 hours:

Got how questions? Bring them: TheReadyLife.com/join